

# Waterman Wellness

Extending the Healing Ministry of Christ



Robert Tensfield is flying high after treatment for his atrial flutter. **pg 3**



Leaving chronic pain behind. **pg 6**

**'I would have probably never made it without them.'**

Kim Baggett is thriving as a breast cancer survivor, thanks to a diligent self-exam and to expert care.

## Watch Waterman Wellness

Learn about health and wellness news from local experts.

### Lake Sumter Television

Brighthouse Ch. 498,

Comcast Ch. 13 and FL Cable 4

Mon.: 8:30 a.m. and 4:30 p.m.

Tues./Thurs.: 5 p.m.

Wed.: 8:30 a.m. and 4:30 p.m.

Fri.: 8:30 a.m., 4:30 p.m. and 8 p.m.

Sat.: 8:30 a.m. and 8:30 p.m.



[WatermanWellness.com](http://WatermanWellness.com)



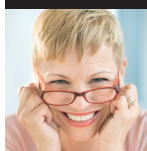
# Practicing **gratitude** for health and happiness

Talk about a positive perk: By cultivating a spirit of gratitude, you actually end up with more for which to be thankful.

When you try to see the good in life, it feels good. You'll likely notice that you are happier—more content and less stressed. You'll also enjoy some nice health benefits. Some studies show that practicing gratitude may help:

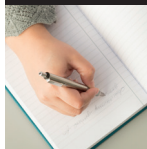
- ▶ Lower blood pressure
- ▶ Boost immune response
- ▶ Lower the risk for depression, anxiety and substance abuse disorders

To nurture a habit of thankfulness, it helps to make a conscious choice, day by day. These practices can help you keep gratitude at the center of your day.



**1 Savor the environment you are blessed with.** Slow down and enjoy those things that bring you

comfort and joy—but that can be easy to take for granted, like a loved one's smile.



**2 Write it down.** What makes you smile? Note it in a daily gratitude journal. It can make a difference in

where your focus lies. It's hard to get stuck in the negative when you are busy counting—and writing about—your blessings.



**3 Say thanks.** Write a letter. Let others know how much you appreciate them—their kindness, generosity, friendship and time.



**4 Do for others.** Reaching out and assisting those in need often reminds us of the good in the world.

The Conry CREATION Health Center at Florida Hospital Waterman offers classes designed to help you successfully begin and sustain a happier and healthier lifestyle. To register and to learn more, visit [ConryCREATIONHealth.com](http://ConryCREATIONHealth.com) or call **352-253-3965**.

## Upcoming classes:

### The Power of Gratitude, Lecture and Workshop

- **Lecture with dinner Friday, Nov. 18, 6 to 8:30 p.m., LifePointe Church, Eustis, \$10**
- **Workshop with breakfast: Saturday, Nov. 19, 8 a.m. to noon, Florida Hospital Waterman, \$25** Featuring keynote speaker Robert A. Emmons, PhD. Call **352-253-3635** to register.



**GROW IN GRATITUDE**  
Visit [ConryCREATIONHealth.com](http://ConryCREATIONHealth.com) for a complete class listing.

### Super Noggin

**Thursdays, Oct. 6 to Nov. 17, 10 a.m. to noon, \$50 (includes textbook and workbook)** This 8-session brain fitness program is designed to maintain and improve cognitive functions in adults, including those with normal aging memory problems.

### Diabetes Self-Management Class

**Mondays, Nov. 7 to Dec. 5, 5 to 7 p.m., \$35 (includes study guide and materials).** Learn how to control your blood sugar; lower your A1C; and manage medications, exercise, meals and sick days with this 5-session class.



## North Lake County Hospital District Vote Nov. 8

For more than 60 years, the North Lake County Hospital District has helped ensure all residents of Lake County have access to quality health care close to home.

The district reimburses hospitals and medical clinics for care they provide to qualified uninsured indigent residents. These services include emergency care, hospitalization, mental health services and primary care. On Nov. 8, North Lake County voters will have the choice to renew the North Lake County Hospital District and its support of the poor and uninsured in our community.

Learn more about how the North Lake Hospital District helps keep Lake County healthy. Visit [healthylakecounty.org](http://healthylakecounty.org) for more information, and remember to vote on Nov. 8.



WATERMAN WELLNESS is published as a community service for the friends and patrons of Florida Hospital Waterman, 1000 Waterman Way, Tavares, FL 32778-5266. To unsubscribe, call 352-253-3388.

Information in WATERMAN WELLNESS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

2016 © Coffey Communications, Inc. All rights reserved.



With his atrial fibrillation treated, Robert Tensfield can safely take off on his adventurous hobbies again.

# Right in the ‘tick’ of time

“**How** long have you had that atrial flutter?” the nurse asked 79-year-old Robert Tensfield. “Flutter?” he responded. “Yes, you have an atrial flutter. How long have you had it?” she asked again. “I didn’t know I had it,” Tensfield replied. “I can’t even spell ‘atrial.’”

It’s that humor that has helped Tensfield through one of the scariest, and most unexpected, times in his life. After an annual physical revealed he was long overdue for an EKG test, Tensfield was sent to the nearest hospital. That’s when an atrial flutter was discovered, and he was immediately prescribed blood thinners to avoid a potential blood clot. Concerned about his future health, Tensfield turned to electrophysiologist Miguel Bryce, MD.

“An atrial flutter is a very common abnormal heart rhythm where the upper chambers of the heart beat too fast, causing them to constrict faster than the lower chambers and to beat out of sync,” Dr. Bryce says. “The pattern is faster than a normal



Miguel Bryce, MD



## HOW’S YOUR HEART HEALTH?

Making heart-healthy decisions is not always easy, but visiting your doctor regularly is a no-brainer. Visit [FWatermanHeart.com](http://FWatermanHeart.com) to find a physician and to test your cardiac health using our online risk assessments.

heartbeat, but it still beats in an organized, consistent pattern. That is why some patients may not experience symptoms.”

## Restoring the rhythm

When atrial flutters are left untreated, the side effects can potentially cause a life-threatening stroke or heart attack. Treatment options range from lifestyle modifications and medications to implanted devices and surgery. For Tensfield, Dr. Bryce recommended a cardiac ablation, a procedure performed using catheters inserted peripherally through the veins and arteries into the heart.

“We are able to send bursts of energy through the pathways to destroy the area causing the rapid and irregular heartbeat while still protecting the healthy areas of

the heart,” Dr. Bryce says. “It’s a painless procedure done with local anesthetic and sedation, and the patient can typically leave the same day.”

Tensfield was admittedly concerned about the procedure but said it was “no problem at all.” He woke up and it was all over, and he’s had no issues since. He’s even back to his daredevil hobbies, like flying and racecar driving.

## Back on track

“Before this, I’d always been strong as a bull and never had any problems, so it kind of set me back psychologically to have to admit I was only human,” Tensfield says. “We have two eyes and two ears, but you’ve only got one heart, and you have to take care of it.”

He said his confidence in Dr. Bryce never wavered. After the procedure, Dr. Bryce assured him that everything was working properly, but a pacemaker could become necessary later on if he starts to experience extreme fatigue or sweats.

“I wouldn’t think twice about anything he thought was right for me,” Tensfield says. “If he says, ‘Let’s do it,’ I’d say, ‘Let’s go.’”



Kim Baggett is living proof of the importance of self-breast exams.

# Breast cancer **the pict**

**Nobody** thinks they are going to get cancer—at least, that is what Umatilla resident Kim Baggett thought before she was diagnosed with cancer in June 2014.

“I was looking forward to turning 50. I worked out all the time, did my own self-exams, and I noticed a lump,” Baggett says.

It was during one of those self-exams that Baggett noticed a lump. “I went to the doctor, and he said, ‘You’re young; it may not be anything.’ He said it would probably go away.”

But the lump didn’t go away. Her doctor sent her in for a mammogram, which was followed by a biopsy. That’s when Baggett’s fears were confirmed: She had cancer.

Baggett said initially it looked like she was facing a lumpectomy, but after further testing, it was determined that she had a spot in her chest wall as well. The disease could not be treated by surgery alone; it would require chemotherapy, then a lumpectomy followed by radiation.

“Breast cancer is the third most common cancer in the United States,” says Borys A. Mascarenhas, MD, FACS, Lake County’s only fellowship-trained surgical oncologist. “Screening is extremely important. If we find something



Borys A. Mascarenhas,  
MD, FACS



# survivor is sure of health

suspicious on the mammogram, then we investigate further. It is not pleasant to give a cancer diagnosis to a patient, but I always tend to focus on the positives in the pathology report. In this case, the patient's tumor was less aggressive."

## Getting the full treatment

"The first time I heard the words that I was going to need chemotherapy, I broke down," Baggett says. "You just hear stories about the horrors of chemo and what happens to your body, and I was really scared."

Baggett had eight chemotherapy treatments over the course of several months, and the spot in her chest wall disappeared. The tumor also shrank. Then it was time for the lumpectomy.

She says her surgeons and their staff were helpful in going over the process with her to help her better understand what she was facing. The lumpectomy, also called breast conservation treatment, helps avoid a full mastectomy for some patients.

"Historically, there have been no advantages to the more radical surgery because the breast conservation preserves the breast, but you do need radiation treatment for the rest of the breast," Dr. Mascarenhas says. "In this case, the patient received the treatment twice a day for five days via catheter."

"Dr. Mascarenhas told me exactly what was going to happen and they were great following up with me," Baggett says. "I think that's really important—that you have a doctor who is able to tell you what to expect or who doesn't mind answering 50 million questions, because

believe me, I had a bunch. What's going to happen? How long is it going to take? When am I going to be up and about? Dr. Mascarenhas was great with answering questions."

She says the process was as comfortable as possible, considering the circumstances. Since her treatment, she is cancer-free. She has been on one pill a day designed to treat and prevent breast cancer, and she says life has returned to the way it was before her diagnosis.

"I always think about how I felt before," she says. "I was 49 and in the best shape of my life. It's harder to do the things I used to do, but I feel like I get stronger every day and the memory of that day they said I had cancer gets a little bit weaker. I feel great. I'm happy that I made the choices I made, and I'm very happy with the medical team who took care of me during all of this. I would have probably never made it without them."

## Paying attention

After her battle with breast cancer, Baggett wants others to understand the importance of paying attention to the warning signs so they might be able to catch the disease early as well.

"I think the most important thing I learned is to know your body. I did and continue to do the self-breast exams. I was the one who found the tumor," she says. "Even if it's the littlest thing that you think doesn't feel right, go get it checked. Go take care of it. Even if it's nothing, that's fine, but it may be something. So make sure that you know your body and get those things checked."

## Join the flock

Be part of the cause and help us Pink Out the community. Florida Hospital Waterman has partnered with BraVo to increase breast health awareness, encourage women to get regular mammograms and provide financial support to women who cannot afford an annual mammogram.

Show your support by purchasing a pink flamingo at Artisans on fifth in Mount Dora, at Florida Hospital Waterman, or at one of many other locations throughout the community. For just \$10, you'll get one flamingo for your yard and another will be placed among the growing flocks across our community. Learn about other ways you can get involved and donate funds to the cause at [PinkOut.com](http://PinkOut.com).



## Get healthy while helping others

Join us on Thursday, Oct. 13, for the third annual Pink Out 5K Run/Walk at Wootton Park in Tavares. Proceeds help promote breast cancer awareness, diagnosis and treatment, including mammograms for women in need. Register by visiting [FHWaterman.com](http://FHWaterman.com).



The American Cancer Society recommends yearly mammograms starting at age 40 and continuing for as long as a woman is in good health. Online scheduling is now available for mammograms. Call **352-253-3700** or visit [FHWaterman.com](http://FHWaterman.com) to schedule your appointment today. Also, throughout the month of October, Florida Hospital Waterman will offer \$35 digital screening mammograms for self-pay patients.





"I am able to just live my life": Todd Wardingly now has no worries about pain after eating.

# Living life to the fullest

**Imagine** feeling severe pain after every meal. That nightmare was a reality for Todd Wardingly, of Eustis.

"The pain started slowly, typically in the evening after eating dinner," he says. "At first, the pain was just minor. But one evening, the pain was really bad...it got to the point where I couldn't ignore it anymore and had to go to the emergency room."

He was referred to Dan Tran, MD, general surgeon. Dr. Tran examined his colon and discovered that Wardingly had diverticulitis.

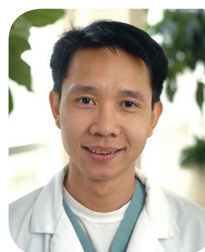
## Getting to the root of the problem

The colon is the organ that contains and passes stool and absorbs water as part of the digestive system. With age, pockets called diverticulosis can form in the colon.

Alone, they don't cause a problem, but when a piece of stool or fecal matter gets caught in the pocket, it can become infected, leading to diverticulitis. According to Dr. Tran, symptoms can range from pain and bloating to constipation, diarrhea and even blood loss.

"It was to the point where I felt like I couldn't do anything," Wardingly says. "I was fearful of going out to eat with my family and to travel—basically to live my life."

Due to Wardingly's age and the recurrences, Dr. Tran advised that the best choice was to schedule



Dan Tran, MD



## GET RELIEF

Constant and persistent pain should never be ignored. Visit [FHWaterman.com](http://FHWaterman.com) to find an expert to help you achieve relief.

a colon resection. "During a resection, the damaged segments of the colon are removed so that the patient has a lessened chance of facing an emergency situation," Dr. Tran says.

## Choosing freedom

Wardingly had some concerns about undergoing the operation, but Dr. Tran eased his mind.

"He explained to me and showed me on video that it was just a small section, and that just three small incisions would be necessary, which alleviated a lot of my concerns," Wardingly says. "Then, when I went to pre-op, one of the nurses had actually undergone the same surgery, and she was very helpful in reassuring me about my decision."

Wardingly says the surgery lasted two hours at the longest, and he spent just a few days at the hospital to recover. Once he left, there was no need for any pain medication.

"We use a very high-definition fiberoptic camera, as well as a very high-tech stapler to divide the resected colon and connect it back together," Dr. Tran says. "With the laparoscopic technique, we're able to keep the incision very small, and the recovery time is much less. Minimally invasive techniques have become more or less the standard care in most cases at Florida Hospital Waterman."

## Putting pain in the past

Wardingly is back to enjoying life with his family, biking, kayaking and enjoying the foods that had previously caused him pain.

"I'm really glad that I had the surgery," he says. "I don't have to worry about what I am eating and if the pain might come back. I am able to just live my life."



## ORTHOPEDIC CARE

# Back in the saddle

Robotic-assisted knee replacement helped Lori Miller get on the go again

**Unable** to bend or even walk up and down the stairs in her own home, Lori Miller, of Weirsdale, was living her life with excruciating knee pain. A wife, mother and an active volunteer with the Lake County Sheriff Department's Mounted Patrol, Miller was used to always being on the go.

"I was more than miserable," Miller says. "I couldn't do the daily activities I used to, let alone get around on my horse." To help find relief, Miller turned to orthopedic surgeon and robotic-assisted surgical specialist Jon Radnothy, DO.

"Other than the fact that I consider him the best orthopedic surgeon in Lake County, it was an easy choice since my family and I have been trusting him with our orthopedic care for more than 20 years," she says.

Due to her age, Miller was



not an ideal candidate for a total joint replacement surgery. Before considering the possibility of surgery, Dr. Radnothy worked with Miller in an attempt to control her arthritis pain through various methods, including cortisol injections and knee braces. Finally, the pain was so bad "we decided together that I shouldn't wait for surgery any longer," Miller says. "I couldn't believe I was actually happy to be having a surgery."

Dr. Radnothy recommended Mako partial knee replacement, a minimally invasive treatment option that uses a robotic arm

to assist the surgeon for optimal implant placement.

"Knee pain is often caused by severe and prolonged damage from arthritis or injury, which is why we tend to see the more serious cases in our older population," Dr. Radnothy says. "Each patient's situation is unique, but typical candidates for a partial knee replacement are those who no longer respond to nonsurgical treatment options and who have arthritis isolated to one compartment of the knee.

"With the Mako robotic arm-assisted surgery system, we



### NO MORE CHRONIC PAIN

Does knee pain impact your daily life? Learn more about the advanced treatments and services available at Florida Hospital Waterman and how you, too, can become pain-free by signing up for an upcoming educational lecture. Visit [FHWatermanOrtho.com](http://FHWatermanOrtho.com).

are able to more precisely and consistently place the implants with the natural anatomy of the knee, spare more of the surrounding healthy tissue and bone, and ultimately end up with a smoother and more natural feeling for the patient."

After just a few short weeks of in-home physical therapy, Miller was back in Dr. Radnothy's office eagerly anticipating another surgery for her left knee.

"I have no pain whatsoever in my right knee," she says, "and the thought that I can potentially be completely pain-free and have a normal life is something I just don't want to wait for any longer."



Jon Radnothy, DO



## Mako helps knees—and now hips

Surgeons at Florida Hospital Waterman have more experience with Mako robotic-assisted surgery than any others in Central Florida. The team

began offering this innovative procedure in 2012. Now, Florida Hospital Waterman is the first and only hospital in Lake County to offer Mako robotic-assisted total

hip replacement.

In this procedure, a robotic arm assists the surgeon with accurately planning and placing implant components. Using this advanced

technology can result in increased accuracy and reduced dislocation rates, less blood loss, and better functioning after recovery.



## Partners in Health Care Golf Classic

**7 a.m. Friday, Nov. 11**  
**RedTail Golf Club, Sorrento**

**Breakfast; 18 holes of golf; prizes and giveaways; awards luncheon.**

**Proceeds benefit the emergency department. Call the Florida Hospital Waterman Foundation for sponsorship: 352-253-3270.**

# Classes & Events

Educational and support programs for the residents of Lake County.

## CLASSES

### Childbirth Classes

Thursdays, Oct. 20 to Nov. 17,  
\$60 per couple  
Call **352-253-3367** for  
information and registration.

## EDUCATIONAL SEMINARS

Call **352-253-3635** to register.

### Hip Replacements

Thursday, Nov. 3, 1 p.m.  
Zellwood Station  
Presented by Samir Guru, DO

### Important Health Issues for Women

Thursday, Nov. 17, 1 p.m.  
Florida Hospital Waterman  
Conference Center  
Presented by Mamie Rogers,  
MD.

## SUPPORT GROUPS

### Amputee Support Group: W.A.L.K. (Waterman Amputee & Limb Loss Konnections)

Fourth Monday of each  
month, 6 to 7 p.m.  
**Mattison Conference Room B**  
For amputees and people with  
limb loss. Call Tracey Estok  
at **352-253-3892** for more  
information.



### Breast Cancer Support Group

Third Thursday of each month,  
1:30 to 3 p.m.  
Cancer Institute  
Conference Room  
Call Latanya Ruiz, MSW,  
at **352-253-3605** for more  
information.

### Cancer Caregiver Support Network

Second and fourth Thursday of  
each month, 10 a.m.  
Cancer Institute  
Conference Room  
Call Latanya Ruiz, MSW,  
at **352-253-3605** for more  
information.

### Cancer Support Group

First Thursday of each month,  
1:30 to 3 p.m.  
Cancer Institute  
Conference Room  
Call Latanya Ruiz, MSW,  
at **352-253-3605** for more  
information.

### Diabetes Self-Management Support Group

First and third Wednesday of  
each month, 5 to 6 p.m.  
CREATION Health Center  
Led by certified diabetes  
educators. Call **352-253-3685**  
for more information.

### Grief and Loss Support Group

Held throughout the year  
CREATION Health Center  
Call **352-253-3389** for more  
information.

### GYN Cancer Support Group

Second Tuesday of each  
month, noon to 1:30 p.m.  
Cancer Institute  
Conference Room  
Call Latanya Ruiz, MSW,  
at **352-253-3605** for more  
information.

### Look Good...Feel Better: American Cancer Society Program

Second Monday of every other  
month, 1:30 to 3:30 p.m.  
Cancer Institute  
Conference Room  
Call Latanya Ruiz, MSW,  
at **352-253-3605** for more  
information.

### Mended Hearts Support Group for Heart Patients

Second Tuesday of each  
month, 12:30 to 1:30 p.m.  
CREATION Health Center  
Call **352-253-3399** for  
more information.

### Multiple Sclerosis Support Group: P.U.N. (Pity Us Not)

First Friday of each month,  
10 a.m.  
**Mattison Conference Room F**  
Call at **352-343-8110** for  
more information.

### Oral, Head and Neck Cancer Support Group

Held quarterly  
Cancer Institute  
Conference Room  
Call Latanya Ruiz, MSW, at  
**352-253-3605** for more  
information.

### Overeaters Anonymous

Each Thursday, 5:30 p.m.  
**Mattison Conference Room E**  
Call **352-223-9769** for more  
information.

### Parkinson's Disease Support Group

Second Monday of each  
month, 1 to 2:30 p.m.  
CREATION Health Center  
Call **352-253-3389** for more  
information.